



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 01164, Cheese sauce, prepared from recipe

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water	g	66.86	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Energy	kcal	197	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Energy	kJ	824	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Protein	g	10.33	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Total lipid (fat)	g	14.92	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Ash	g	2.41	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Carbohydrate, by difference	g	5.48	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Fiber, total dietary	g	0.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Sugars, total	g	0.19	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Sucrose	g	0.08	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Lactose	g	0.07	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Maltose	g	0.05	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Minerals</strong>													
Calcium, Ca	mg	311	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Iron, Fe	mg	0.35	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Magnesium, Mg	mg	19	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Phosphorus, P	mg	229	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Potassium, K	mg	142	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Sodium, Na	mg	493	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Zinc, Zn	mg	1.26	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Copper, Cu	mg	0.019	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Manganese, Mn	mg	0.040	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Selenium, Se	µg	6.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin C, total ascorbic acid	mg	0.6	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Thiamin	mg	0.044	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Riboflavin	mg	0.243	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Niacin	mg	0.204	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Pantothenic acid	mg	0.233	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-6	mg	0.045	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folate, total	µg	10	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1997
Folic acid	µg	2	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2000
Folate, food	µg	8	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1993
Folate, DFE	µg	11	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Choline, total	mg	5.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Vitamin B-12	µg	0.35	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Vitamin A, RAE	µg	82	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Retinol	µg	80	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Carotene, beta	µg	26	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Vitamin A, IU	IU	310	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Vitamin E (alpha-tocopherol)	mg	0.09	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Vitamin D (D2 + D3)	µg	1.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Vitamin D3 (cholecalciferol)	µg	1.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Vitamin D	IU	41	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Vitamin K (phylloquinone)	µg	0.9	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
<b>Lipids</b>													
Fatty acids, total saturated	g	8.034	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
4:0	g	0.385	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
6:0	g	0.199	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
8:0	g	0.106	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
10:0	g	0.230	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
12:0	g	0.215	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
14:0	g	1.231	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:0	g	3.952	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:0	g	1.712	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Fatty acids, total monounsaturated	g	4.735	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:1 undifferentiated	g	0.358	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:1 undifferentiated	g	4.375	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Fatty acids, total polyunsaturated	g	1.397	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:2 undifferentiated	g	1.213	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:3 undifferentiated	g	0.184	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Cholesterol	mg	38	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Phytosterols	mg	11	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
<b>Amino Acids</b>													
Tryptophan	g	0.123	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Threonine	g	0.355	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Isoleucine	g	0.578	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Leucine	g	0.902	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Lysine	g	0.772	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Methionine	g	0.243	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Cystine	g	0.056	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Phenylalanine	g	0.484	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Tyrosine	g	0.452	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Valine	g	0.627	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Arginine	g	0.351	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Histidine	g	0.311	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Alanine	g	0.279	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Aspartic acid	g	0.628	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glutamic acid	g	2.214	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glycine	g	0.170	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Proline	g	1.021	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Serine	g	0.539	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Caffeine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Theobromine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009